

# Your 12 – Month – Old Baby



— Goldsboro —  
Pediatrics P. A.

## Immunizations on your next visit:

- Hep B #3
- Prevnar
- Varivax (Chickenpox)

## Call our office:

- If you have any questions or concerns
- If your baby has a fever over 104° rectally (you may use an ear thermometer on an infant above 6 months of age.)
- If you baby is extremely irritable, cries uncontrollably, is extremely pale, or difficult to wake

## Developmental Issues

- Your 12 month old may be able to finger feed themselves and use a spoon at times.
- Your baby may be able to point to at least one named body part.
- Most babies this age should say 2 – 3 words and use mama and daddy correctly.
- 12 month olds may stand alone or with help, and walk with support.
- Infants at this age enjoy social games. You may see your infant becoming more independent.
- Read to your baby.

## Feeding

- Your child should be drinking whole milk, juice, and water from a cup. It is time to stop the bottle.
- Milk intake should not exceed 16-20 ounces a day and be given by a cup only.
- Offer a variety of fruits, vegetables, and meats that your baby can feed himself.
- Avoid choking foods such as: popcorn, nuts, hard candy, raisins, peanut butter, hot dogs & grapes. Any foods given to your child should be chopped into small bite size pieces, or cooked until soft in texture.
- Your baby may have some discomfort with teething. Continue to offer teething toys or rings. Teething does not cause fever or significant diarrhea. Tylenol may be used for discomfort. Do not use topical teeth gels. Clean your baby's teeth by wiping them off especially before bed. Allow practicing with a toothbrush without toothpaste.
- Wean from the pacifier by 18 months. Help your infant find other ways to settle himself.

## Sleeping

- A pleasant and predictable bedtime ritual will help your baby settle down to sleep.
- Some 12 month olds will sleep 10-12 hours during the night, with 2 short naps during the day.
- Your baby should be in his own bed in a separate room.
- 12 – month - old babies do not need to eat at night. No night time bottles.
- If your infant wakes frequently at night, reassure him, keep contact as brief as possible, keep the light off, and don't take him out of his bed.

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## **Playtime**

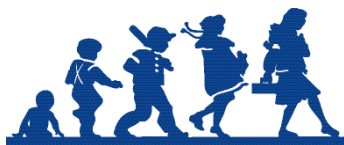
- Give your baby time to play alone
- Provide toys with various shapes and textures to feel, toys to bag, stack, empty, and fill.
- Toys that make interesting sounds, and have knobs to turn, buttons to push, and roll back and forth, may make staying in a playpen more tolerable.
- Talk and read to your baby.

## **Discipline**

- Use distraction at his age – tell your infant “No” then give him something else to do.
- Physically move your child from one place to another to give him a safe play environment.
- Never spank, hit, or shake your baby.
- Frequent reminders and constant supervision are necessary, to help your baby understand his limitations.

## **Safety Tips**

- Your baby can move very fast when you are not looking.
- Use gates on stairs and latches on cupboards.
- Cover outlets and watch for dangling cords.
- Keep all poisons and cleaning fluids high and locked up.
- Keep your baby away from water. Keep bathroom door closed.
- Keep small objects, plastic bags, balloons, dog and cat food, and anything that your infant could choke on, out of your baby's reach.
- Use age and weight appropriate car seat.
- Keep syrup of Ipecac at home. N.C. Poison Control (1-800-848-6946)



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